lacksquare MEMORIES OF THE PAST - p. 3

■ EMERGENCIES AND EVACUATIONS – p. 8

AVIAN FLU



NAVSUPPACT MID-SOUTH'S EARTH DAY



Things are picking up - These members of the Navy Band Mid-South get a head start on the rest of the base last week, as they pick up trash around their building. NSA Mid-South will celebrate Earth Day 2006 on April 21 with a base-wide trash pick-up day. (Photo by Art Frith)

Once again, it's time to plan for the annual Earth Day and do some spring cleaning outside. April 21 has been designated as Earth Day 2006 at NSA Mid-South, and we hope you will all contribute to cleaning up our environment.

The Base Environmental Department staff has developed a tentative plan of action that, if history repeats itself, will provide us with a benchmark of no litter. To avoid confusion and duplication, zones of responsibility have been created. Most of the zones were intentionally created around major commands, with the hopes that people would claim ownership of the areas and proudly keep them litter-free — with the long-term goal of continuing the process throughout the year.

We are asking for your assistance in participating in Earth Day 2006. If you have any questions about the Earth Day plans, would like to adopt another zone or have suggestions on how to make the efforts even more successful, contact Jim Heide or Danny Chumney of the Environmental Department at 874-5367/5904.

Thanks for your assistance and cooperation with this effort. Our installation and community will be the better for it.

Wherefore art thou, Romeo



He's at the Lazy Anchor Ranch! Born on March 25, Romeo is the newest arrival at the stables. The young colt and his mother Ember are doing fine. (Photos by Art Frith)

Navy boosts enlistment bonus ratings:

NSW/NSO candidates can receive up to \$40,000

By Jeffrey Nichols **COMMANDER NAVY RECRUITING COMMAND PUBLIC AFFAIRS**

The Navy has implemented a new Naval Special Warfare/Naval Special Operations (NSW/NSO) enlistment bonus program. The new program offers a \$40,000 enlistment bonus for those who sign up and qualify for a SEAL contract. This became effective \$2000 at the completion of boot camp. in February 2006.

After enlisting in the Navy, there are two ways that a recruit can enter one of the NSW/NSO programs. One is, if the candidate is in the Delayed Entry Program (DEP) and successfully passes the Physical Standard Test (PST), he can be guaranteed a SEAL contract before boot camp. The second is by volunteering to take the SEAL Challenge during recruit training. Once basic training is completed, they begin the NSW/NSO training

During different training milestones, candidates will begin receiving partial payments of their respective bonuses.

If a candidate passes the PST for their particular program, they will receive \$1000 of their bonus when they complete boot camp. If they pass the PST with a higher score (already established level) they will be given

The maximum bonus is slightly different for each program:

SEAL: up to \$40,000

Explosive Ordinance Disposal (EOD): up to \$30,000

Diver: up to \$25,000

Special Warfare Combatant-Craft Crewman (SWCC): \$18,000

For more information on becoming a online www.navy.com/about/navylife/onduty/seals.



Basic Underwater Demolition/Sea, Air and Land (SEAL) students take part in "Log PT." **Teammates** work through their second hour of the training at the Naval Special **Warfare Center** in Coronado, Calif. Navy named after the environment in which they operate, the sea, air and land, and are the foundation of Naval **Special Warfare** combat forces. (Photo by Robert Benson)

ARLINGTON, Va. - The Joint Service Honor Guard places the casket of former Secretary of Defense Caspar W. Weinberger at its final resting place April 4 in Arlington National Cemetery. Weinberger took office on Jan. 21, 1981 and served until Nov. 23, 1987, making him the longest-serving defense secretary to date. During his tenure in office, Weinberger spearheaded President Ronald Reagan's peacetime military buildup. Weinberger died on March 28, 2006, at the age of 88. (Photo by PHI Chad J. McNeeley)

It's official, DD-214s are now online

COURTESY OF THE NATIONAL PERSONNEL RECORDS CENTER

Obtaining an official copy of your DD-214 has now become much easier.

The National Personnel Records Center (NPRC) has provided the following Web site for veterans to gain access to their DD-214s online http://vetrecs.archives. This may be particularly helpful when a veteran needs a copy of his DD-214 for employment pur-

NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180, which can be downloaded from the online Web site. Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will

be minimized. The new Web-based application was designed to provide better service on these requests, by eliminating the records center's mailroom processing time.

Send us your comments to bluejacketmil@yahoo.com.

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COMMENTARY

Loose lips can still sink ships

Hoo-yah, Warriors! Just returned from another trip talking with many sailors on the deckplates, and I'm happy to say 2006 is going really well. Our young sailors are energized, smart and ready to take on any mission, any

While I was out and about, I had a conversation that just screamed for a column topic. It's something we all need occasional reminders about.

I was chatting with this Army fellow, and he started to tell me about some of the "loose talk" he was hearing. Now it wasn't anything earth-shattering, but it was enough to make you go "hmmm-

Warriors, loose lips can still sink ships. Unfortunately, the world is still a place full of bad people who would love nothing more than to deep-six any one of our ships, submarines, or aircraft. And just as important, they would love to attack any of us or our families.

In this current state of global terror we're fighting against, that's a sad fact of life.

I'm not trying to get everyone paranoid and constantly looking over their shoulders, but we do need to remember a few things to protect ourselves, our families, and our Navy.

So, what do we need to do? Well, the first thing we all need to do is be alert to the threat and what we are saying. Liberty hangouts, grocery stores, just about anything near a military installation is a prime target for the folks trying to collect information and yes, they are out there.

How many times have you

started up sea stories amongst friends and talked about a few things that weren't classified, but were sensitive? Do you know

you? Do you really know the person you are talking to?

The same goes for home. How many times have you been talking about work over dinner? Do you mention a few things that you really shouldn't have? Sure, they don't seem that important, but if other family members talk about them

too, then the infor-

By Pacific Fleet Master Chief (SS/SW) R.D. WEST

mation can get to the wrong folks. We have to be alert to what we are saying and where we are saying it. Secrets don't always get out in big chunks. They are slowly gathered piece-by-piece like a jigsaw puzzle. So watch what you're saying and who you are saying it to. And be sure to talk with your families about this so they can be alert as well. This is very much a team effort.

But it's not just our personal conversations we have to watch out for. There's everyone's newest best friends cell phones, email, the Internet and those live chat pro-

Here's a good question for you. Do you use those new wireless network gadgets at your home? You do know that wireless networking is just a radio transmitter, right? How secure do you think it is? Do you use a wireless keyboard? Another transmitter.

Did you also know that someone with some fairly simple offthe-shelf technology could watch you surf the Web, type emails and who's at the next table listening to monitor your online chats? Do

> of your military work on your home computer? Does your spouse email back and forth to you during deployment?

H o w secure do you really think your cell phone is? A few of the computer

guys told me once that someone with the right training and equipment could possibly "hack" into my cell phone, turn it on, and listen to everything going on around

Is that likely to happen to you? I really doubt it, but it just illustrates how easily information can be compromised, and how important these issues are for our Navy.

As more and more people use wireless technology, the easier it will be to tap into what they are emailing or working on - without them even knowing it.

We're talking some basic OPSEC common sense here folks. Don't use email or chat rooms to discuss TAD trips, flight schedules, exercises or other operational topics - even if they seem routine. And don't try to "talk around" the subject either.

That's gold for intelligence collectors. They help put together a

operational plans or capabilities. That puts our shipmates in danger, and we cannot have that.

I realize none of us intentionally plan to compromise information. But let's face it, as technology makes it easier for us to communicate back and forth, the easier it is for the bad guys to listen in. And that's what we have to watch

This all boils down to my final point about protecting critical information. What you know may not necessarily be secret or classified. But it does deal with your command's activities, capabilities,

much bigger picture about our or plans. And that little bit of info could put you and your command in danger.

The terrorists who hit the USS Cole had just enough information to attack the ship, cripple it, and kill 17 sailors. We must deny them any information that would allow another such attack.

Let's all think twice about the things we talk about and where we are saying them. Sit down with your family, talk with them about operational security, and remind them to be careful about what they say over the telephone and in public - they just can never be sure who is listening.

With the above said, if someone approaches you and is asking for information, you should immediately contact your command. With our sailors deployed worldwide and all the operations the Navy is conducting, keeping our information close has never been more important. Loose lips could compromise safety and security!

Fleet Tip: Did you know that you can get choice coast orders after a successful tour of duty in Japan, Korea or Guam ... see your NC for further details.

Chaplain's Corner

EASTER, A TIME FOR REVIEW

BY CHAPLAIN WESLEY B. SLOAT

When thinking about Easter, normally, our thoughts turn toward themes of resurrection and Jesus Christ. This year provides us a time for review and reflection on its influence and implications. Please consider the following seven people. They are: Mordecai Fowler Ham, Sir Alexander Flemming, Arthur Fry, Frank Robinson, Frederick Bruckman, Chester Carlson and Carl von Linde. What do you think they all share in common with one another? It's not race, age or their educational backgrounds. Some were born decades and thousands of miles apart from each other.

So, what could it be that these persons share in common? Have you guessed it yet? If you noticed that they are all persons of great influence, then you are right on target! With the exception of one or two names, it is unlikely that many would even recognize these seven persons. Yet, when considering the profound influences they have been in our world, it is an altogether different story.

Evangelist Mordecai Fowler Ham was preaching during a revival meeting at Charlotte, N.C., in 1934. It was there that a 16-year-old farm boy became so inspired by the message that he committed his life to Christ. His name was Billy Graham.

In 1928, while researching influenza, Alexander Flemming "accidentally" discovered that the mold contaminating one of his culture plates had destroyed the bacteria and laid the basis for the development of penicillin therapy.

In 1980, Arthur Fry, a chemical engineer from Minnesota, was working at 3M Corporation with an adhesive developed by a colleague. Mr. Fry used this adhesive to construct a homemade bookmark for his music in the church choir! He later influenced 3M's development of the Post-It Notes we use daily in our offices, homes and many other settings!

In 1886, Frank Robinson served as bookkeeper for Dr. John Pemberton of Atlanta, Ga. Frank was known for his hard work and excellent penmanship. It was he who first scripted "Coca Cola" into the flowing letters that emerged into the famous logo that is recognized worldwide! More than 1 billion Coke products are sold daily.

Although controversy exists over the exact details, in 1912, Frederick Bruckman, an inventor from Portland, Ore., patented a machine for producing ice cream cones. In 1928, Nabisco bought Bruckman's company and rights to the invention.

American physicist and patent attorney Chester F. Carlson invented xerography. This is an electronic dry-copying process for the reproduction of images or documents, commonly known as photocopying! Finally, German engineer Carl von Linde invented the refrigerator in 1876.

These seven people are, in many ways, just like you and me. They stand out because they recognized that their efforts could make at least a small contribution to a better world. What many of them did not realize is how much greater than they even imagined, their influences upon society would become.

Dr. Billy Graham has preached the Gospel of Jesus Christ to perhaps more persons than has any other man in history! His ministry crosses all cultures and has impacted millions of people. That's the power of resurrection. Antibiotics save lives and help cure diseases for millions of people each day. That's the power of resurrection. A domestic refrigerator preserves food daily and is present in 99.5% of American homes. That's the power of resurrection. Art Fry's dedication and ingenuity have enhanced our organizational skills, Chester Carlson influenced the development of the photocopiers and laser printers we use daily; and, finally, people such as Frank Robinson remind us to always do our best, work together as a team and never think that our contribution — small as it may seem — won't make a big difference!

That's the power of resurrection, and it is ongoing! Happy Easter.

Chapel Holy Week and Easter services include: Thursday 13 April @ 1200 lunch followed by Communion Service

Friday 14 April @ 1130 Good Friday Service followed by soup and bread lunch Sunday 16 April @ 0700 Easter Sunrise Service at Navy Lake Sunday 16 April @ 1030 Easter Chapel Worship Service For more information, call the Base Chapel at 874-5341

The World Health Organization is warning that signs point to the possibility of a global flu outbreak, called a

There have been three flu pandemics in the last century: the worst, in 1918, killed as many as 50 million people worldwide. Scientists say it is only a matter of time before the next worldwide influenza outbreak. Concern is rising that it could be triggered by the avian flu called H5N1. That virus has killed or led to the slaughter of millions of birds, mostly in Asia, but also in parts of Europe. It has killed about 98 people, mostly poultry workers, because so far the virus does not spread easily from person to person. The fear is that it will mutate to spread easily, a catastrophe because H5N1 is so different from annual flu strains that people have no natural immunity, and predictions range of the possibility of 100,000 to two million people dead in

As with war, DoD has begun planning for any eventuality and the department's roles and responsibilities (http://www.defenselink.mil/news/Mar2006/20060301_435 3.html). Also, check the Military Vaccine web site (http://www.vaccines.mil/default.aspx?cnt=disease/minidv &dID=57) and the National Institutes of Health (http://www3.niaid.nih.gov/news/newsreleases/2005/H5N1 QandA.htm). The U.S. government has also established a web site for information on bird or avian flu (http://www.pandemicflu.gov/). President Bush has asked Congress for \$7.1 billion in emergency funding to combat a possible influenza pandemic brought on by bird flu originating in Asia. In a speech at the National Institutes of Health in Bethesda, Md., to announce a "comprehensive national strategy" against pandemic flu, Bush warned that although bird flu has not reached U.S. shores and remains primarily an animal disease, there is "cause for vigilance" because a pandemic could develop rapidly with devastating effects. "Scientists and doctors cannot tell us where or when the next pandemic will strike or how severe it'll be, but most agree: At some point, we are likely to face another pandemic," Bush said. "Because a pandemic could strike at any time, we can't waste time in preparing," he said. "So to meet all our goals, I'm requesting a total of \$7.1 billion in emergency funding from the United States Congress."

Frequent, short-notice deployments around the world demand that the military step up its emphasis on keeping the force vaccinated for contingencies it may face, according to the Defense Department's deputy director for the Military Vaccine Agency. The expeditionary nature of the

force requires that DoD plan ahead to provide its members the best possible protection against disease and illness when they deploy, Army Col. John Grabenstein said during an interview with American Forces Press Service and the Pentagon Channel. "Vaccinations have always been about planning ahead," Grabenstein said. "We try to anticipate what is going to happen at the other end of that plane flight to the deployment area." As a result, he said, DoD is conducting more surveillance about infections and disease that troops need to be protected against, Federal Drug Administration-approved vaccines to counter them, and Centers for Disease Control guidelines for administering these vaccines. The Bureau of Naval Medicine also has issued guidance on influenza vaccines at http://www.vaccines.mil/documents/825BUMEDfluMsg.pdf. Service members should be aware of false medical claims and how to prepare for a pandemic (http://www.fda.gov/bbs/topics/NEWS/2005/NEW01274.http://www.fda.gov/bbs/topics/NEWS/2005/NEW01274.http://www.fda.gov/bbs/topics/NEWS/2005/NEW01274.http://www.fda.gov/bbs/topics/NEWS/2005/NEW01274.http://www.fda.gov/bbs/topics/NEWS/2005/NEW01274.http://www.fda.gov/bbs/topics/NEW01274.http

DoD is also making a greater effort to ensure service members' shot records are up-to-date. This way, when a short-notice deployment occurs, the affected troops need only those shots specific to their deployment area, not "a big, long laundry list of vaccines," Grabenstein said. This effort includes more screening of Reserve and Guard troops, checking their immunizations records each fall when they receive their flu shots to ensure they're current. Grabenstein said reserve component troops generally require more shots than their active component counterparts when preparing for deployments.

When entering the military, all troops receive a basic list of immunizations: meningococcal; tetanus and diphtheria; measles, mumps and rubella; and poliovirus. Other vaccines are frequently prescribed for travel to specific international locations or for certain occupations, Grabenstein said. Other vaccines protect against bio weapons such as anthrax and smallpox. The Defense Department put its anthrax vaccination program on hold last fall pending legal challenges, but supports findings that the vaccine is safe and effective. Grabenstein said mandatory immunizations for military protect the fighting force and keep it fighting, much as body armor does

Since the first vaccine, against smallpox, was introduced in the late 1700s, he said, no other medical technology has surpassed immunization in protecting people against disease. "It's the biggest success story in all of medicine,"

CALENDAR OF EVENTS

Easter Services Schedule - April 14, Good Friday Service, 11:30 a.m. @ the Chapel; April 16. Easter Sunrise Service, 7 a.m. @ Navy Lake; April 16, Easter Service @ the Chapel, 10:30 a.m. April 15 - Munford Boy Scout Troop 66 will hold a car wash at the Millington Popeye's from 9 a.m. to 2 p.m. on Saturday. Proceeds will go to pay for the troop's camping trips and gear. For more information, call Scoutmaster Al Cresanto at 493-0422.

April 17 - Federal Income Tax filing deadline postmark is midnight.

April 20 - A sponsor-training workshop will be held from 11 a.m. top noon in the FFSC's Classroom 2. This training will teach sponsors how to assist incoming personnel to overcome relocation difficulties and apprehension associated with the PCS move. Each command should have their assigned sponsors attend this training. Contact Linda Busby at 874-5075 to register.

April 20 - A smooth-move workshop will be held 8 a.m.-10 a.m. in the FFSC's Classroom 2. Moving can be a frustrating and stressful time for the entire family. By understanding the cycle of relocation and learning how to deal with the physical and emotional challenges of moving, you can help make it a more enjoyable event. Attend this class and receive the latest information on family fears and feelings, relocation tips for military families, moving and the military family and adjusting to the new community including web sites for children and teens. All workshops/classes at the FFSC are free, but registration is required. Please call Linda Busby at 874-5075 to register.

April 21 - Navy Personnel Command will hold a submarine birthday ball at Marriott East hotel to celebrate 106 years of submarine service in the U.S. Navy. The ball starts at 6:00 p.m. All military and retired military members and their families are invited to attend the celebration. For more information call 874-3649 or 874-3651.

May I - Shift to summer uniform of the day at 12:01 a.m. There is no transition period. Navy-Marine Corps Relief Society offers assistance if a personal emergency occurs. This organization exists to help Sailors, Marines and their families in need. The hours of operation are as follows: Monday through Thursday 9 a.m. to 1 p.m. If help is needed, please call NMCRS to schedule an appoint-

ment at 874-7350. The newly renovated Navy-Marine Corps Relief Society Thrift Store is open Tuesday through Friday from 10 a.m. to 2 p.m. and the first Saturday of the month. cal affiliation, or any other nonmerit act of the purchaser, user or patron. This civilian enterprise newspaper is an authorized weekly publirins civinal enterprise newspaper is an autorized weekly pulonication for members of the military services. Contents of *The Bluejacket* are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Navy. The appearance of constitute endorsement by the Department of the Navy. The appearance of advertising in this publication, including

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maybe or cold 41 Some ice cream 8 Give orders to units 9 "Welcome to the 42 Drive-in feature

48 Uses a blender, per-10 Contents of some 50 Improbable victory

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(insincere) 55 Relieves, as pain 56 Otherwise

57 Gently urge 58 Singer or Petty 59 Company that put a tiger in your tank

64 "Telephone Line" rock grp. 65 Porcine mama



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CROSSWORD PUZZLE



BY ART FRITH

The passing of a Secretary of the Navy, an increase of the speed limit along Navy Road, changes to the enlisted Sailor's uniform, and the launching of another USS Memphis were just some of the stories making headlines during April in year's past.

60 Years Ago WAVES May Now Sign 'til 1947 - The Navy is keeping the WAVES ... at least until July 1,

ward to Armour Road has been increased to 40 miles per hour; Eggs-cellent! - According to the Commissary Department, sailors who ate at NAS mess halls on Easter Sunday ate 8,500 eggs; Passing the Word Quickly - For the first time in Navy history, new chief petty officers will be notified by an AlNav. The new list will go out over the wires a few days prior to May 16. In addition to enhancing morale, the new procedure will avoid having

blood banks for so-called "vampire liberty" on a regular basis. Base medical authorities warn against this practice as the recommended minimum time between donations is two months.

40 Years Ago What's in a Name? - The chief of information has announced that all officers in the public affairs field are now to be titled "public affairs officer." A number of other titles, such as public information officer and service information

Intratype Battle Efficiency Competition. Once an individual qualifies for the ribbon, it may be worn permanently; Change of Command - A veteran of 39-years Navy service, Rear Adm. A.M. Sackett, chief of naval technical training is leaving Millington to become commandant, Ninth Naval District in Chicago.

10 Years Ago

Tomcat Down - Flying a routine training mission back to its home base in Miramar, Calif., an F-14A Tomcat crashed shortly after take-

off from the airport in Nashville.

The crash killed the pilot, the

radar intercept officer, and three

civilians who were in their homes

located in the subdivision where

the plane fell; Here They Come -

A ribbon cutting ceremony at Bldg. S-457 marked the arrival of

the Morale, Welfare and

Recreation division of the Bureau

of Naval Personnel from offices

in Washington; New Rochelle, N.Y.; and Patuxent River, Md.

CORRECTION

In the April 6 issue of The

Bluejacket, we ran an awards

photo identified as being of

Sandra Horton, NSA Mid-

South's Civilian of the Quarter

GS-6 and Below). In reality

the photo was of Ursula

Robinson, GS-6 and below run-

ner up. We regret the error.



William Franklin Knox (right center) became Secretary of the Navy (SECNAV) in July 1940. As SECNAV, Frank Knox worked hard to expand the Navy into a force capable of fighting in both the Atlantic and Pacific. His selection of new uniformed leadership in the wake of the Pearl Harbor disaster was important to seeing the Navy through the difficult, losing months of 1942 and the intense fighting that marked the U.S. offensives that followed. Following a brief series of heart attacks, Knox died on April 28, 1944, in Washington, D.C. (Photo Courtesy of the U.S. Naval Historical Center)

1947. All women desiring to ship over until July of next year should file applications at the Education Office before April 20; They Just Keep On Coming - Since the announcement that this installation would become a permanent base, approximately 85 ship's company men log in daily from other training bases; More Money in Paychecks - Unless the U.S. Senate decides to act soon, the

to buy uniforms; Time for a Change - Concern over enlisted men's scorn over the "pajamatop-looking" white jumper on liberty and leave has prompted several fleet commanders to have the Navy return to the pre-World War II dress white jumper- a blue collar with white stripes and blue cuffs with white stripes; Vampire Liberty Could Kill You - It has been brought to the attention of

confuse both the public and service personnel; Heroic Service Recognized - HM3 Arthur H. Garrett, assigned to the NAS Memphis Dispensary, received the Silver Star in recognition of his gallantry while serving with the 1st Battalion, 1st Marine Division. He was wounded while at a perimeter position outside of Da Nang on Oct. 19, 1965 which was overrun by the Viet Cong and later recaptured by the Marines; Just Horsing Around - Horse enthusiasts throughout the Mid-South will be thronging to the Lazy Anchor Ranch in May for the 1966 NAS Memphis Horse Show. Based on past attendance figures, around 3,000 spectators are expected to attend the event.

30 Years Ago

Getting Underway - USS (SSN-691) was Memphis launched in Newport News, Va. Tennessee Congressman Robin L. Beard was the guest speaker at the ceremonies. His wife, Cathy, the boat's sponsor, christened the submarine; It's Back - The \$2 bill is being reissued as a Federal Reserve note, series 1976, porting an engraving of Thomas Jefferson on the front and the signing of the Declaration of Independence on the back. The first \$2 bill was issued as U.S. currency in 1862 and again in 1965 before being discontinued in Aug. 1966; Give Me an "E" - An "E" ribbon, designating battle efficiency excellence, has been established by the Secretary of the Navy. The ribbon, which replaces the "E" patch, is to be worn by enlisted personnel permanently attached to units which win the Annual

Underway - Named in honor of Secretary of the Navy Frank Knox, the 2,425-ton Gearing class destroyer USS Frank Knox (DD-742) was commissioned on Dec. 11, 1944. Knox was reclassified as a radar picket destroyer (DDR) in Mar. 1949. Knox was decommissioned at the end of January 1971 and was transferred to the Greek Navy a few days later. Renamed Themistoklis, she served for another two decades before being placed out of commission in the early 1990s. The ship was sunk as a torpedo target by the Greek submarine Kyklon on Sep. 12, 2001. A class of destroyer escorts, which were later reclassified as fast frigates, were named after Knox. (Official U.S. Navy photo)

proposed draft extension, along with the recommended pay boost for America's GIs, will end up on the non-action shelf. Among the Senate's disagreements with the House of Representatives is the idea of a ban on drafting 18 and 19-year-olds; Quit Swiping Navy Property - Whether it's to collect souvenirs or to save a little money, some persons aboard this station are taking government property not belonging to them. Guards at the gates are instructed to carefully inspect all automobiles and to allow no Navy property to leave the base without proper authorization. Included in the list of items being taken are clocks, firearms, tools and compasses.

50-Years Ago

Check Your Speedometer - The speed limit on Navy Road from the city limits of Millington eastselling their blood to commercial Contact Lenses

the commanding officer that

some sailors are in the habit of

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A resort-style community especially designed for active independent living. Lutheran Village gives you the opportunity to OWN your apartment home. The 20,000 sq.ft. tropical atrium gives you a sense of serenity. Here at Lutheran Village you will feel right at home.



So you think you've got what it takes to be a sailor?

Naval Junior ROTC cadets receive an intense education in the Navy way of life from retired MMC (SW) Craig White, the naval science instructor from Willard High School in Willard, Mo. The cadets, representing high schools in Millington, Missouri and Indiana, are on NSA Mid-South this week participating in their annual Basic Leadership Training Course. (Photo by Art Frith)

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courses in CPR, basic aid training and standard first aid. If you don't have time for a class, read up on the subject. Try the First Aid Safety Handbook, which includes a wide variety of information, from sea snake bites to choking to heatstroke.

use it. The American Red Cross

(http://www.redcross.org/) offers

You can't provide effective first aid if you're running around the house frantically searching for a bandage and some antiseptic cream. Take the time to create a complete first aid kit and learn how and when to use it. You may save a life.

Antibacterial water-free soap

* Eyewash or sterile saline

* Razor blades or X-Acto

* Syringe or measuring cups

tal thermometer and lubricant if

* Thermometer - Include a rec-

* Fabric and safety pins to

* Plastic bags in a variety of

* Paper cups - for drinking or

sizes - to hold severed fingers or

Ointments and Medications

Regularly check expiration

* Painkillers - Aspirin, ibupro-

fen, acetaminophen. Note: Do not

* Anti-diarrhea medication

* Calamine lotion - for poison

* Hydrocortisone cream - for

solution (as for contact-lens use)

Tools

* Bottled water

* Scissors

* Needles

* Tweezers

* Flashlight

* Splints

* Blanket

* Mirror

babies are involved.

to cover a wound

dates of these items.

give children aspirin.

* Antacid

* Laxative

ivy and bug bites

itches and rashes

make a sling

* Plastic gloves

* Tongue depressors

First Aid kit, get one now!

vent infection

vomiting

* Insect repellent

as directed by Poison Control

* Contact list - Include phone numbers for Poison Control, Emergency Medical Services, your family physician, work numbers and an emergency point of contact.

Miscellaneous

* Sunscreen - at least SPF 15

* Activated charcoal - for use

* Ipecac syrup - to induce

* First aid manual

Your first aid kit should be tailored to your family's specific needs. If a family member has a medical condition, include information about treatment and the doctor's phone number. Keep an extra supply of necessary medications in your first aid kit, but remember to store it in a childproof container. Consider placing a condensed first aid kit in your car. During a PCS move, it can certainly come in handy.

If you create a first aid kit for your family pet, you'll need many of the same items. The American Association Humane (http://www.americanhumane.org /) and the North Carolina State Animal Response Team (http://www.ncsart.org/firstaid.as p) provide valuable information about first aid for pets, from dogs and birds to reptiles.

Your first aid kit is not terribly

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luxury apartment homes

application of ointments, * Antibiotic ointment - to pre- useful unless you know how to cleansers or water U.S. Navy sailor breaks world record in Iraq

From National Security TRANSITION COMMAND, IRAQ

By Ann Wells for

LIFELINES.NAVY.MIL/LIFELINES.USNIC.MIL

wrong time to look for your first

aid kit. The wrong time is when

little Joey has fallen off the porch

and is lying on the ground, crying

and in need of a Band-Aid and

some TLC. Through the panic and

the noise, you'll never find every-

thing you need. You can prevent

that problem by putting together a

variety of basic supplies. While

you may have many of these

items on hand, it's a good idea to

keep them together in a well-

marked container. Keep the con-

tainer out of reach of children but

easily accessible to those who

Bandages

* Roller bandages, 2- and 3-

* Butterfly bandages - to hold

* Gauze pads and tape - a vari-

* Ice packs - chemical, tradi-

Cleaning

* Moist towelettes, cloths or

* Alcohol and cotton pads for

* Adhesive bandages

* Sterile eye patches

may need it.

wounds together

ety of sizes

tional or both

baby wipes

inch

Most first aid kits contain a

complete first aid kit right now.

There's a right time and a

BAGHDAD, Iraq (NNS) — A naval officer at Multi-National Security Transition Command - Iraq set a world

speed record March 25. Lt. Buck Herdegen, an assistant current operations officer, entered the Guinness Book of World Records by covering 50 kilometers on a treadmill in 3:38:06. "(My brother) was reading an article on the internet one day about Geoff Weber, a Navy lieutenant, who had set a new world record by running 50K on a treadmill in 3:41:53," said Herdegen. "I really wasn't at all sure that I could do it, but I had been doing a lot of running on the treadmill so it seemed at least possible."

Herdegen, a Utah native, had already been training during his free time for the Salt Lake City Marathon to help raise money for the Huntsman Cancer Institute. After contacting Guinness World Records, who advised him on all the necessary documentation needed to verify the record,

During the record-attempting run, the first 42-kilometer went smoothly, covering the marathon distance in a little less than three hours, according to Herdegen. But after that milestone, things began getting the record. Once the record a little more difficult. "I hit the wall at 43 (kilometers)," Herdegen recalled. "It felt like it took forever to cover those

Herdegen ran headfirst toward last seven kilometers. I wanted his newly established goal. to stop with literally every step, but I could see that the record was still within reach if I just kept moving."

> The gym began to fill up with spectators who came to see if he would actually break was broken, the crowd erupted into cheering and clapping all around him. "It was very gratifying," he said.





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Military Discount Oaktree Homes, LLC Thursday, April 13, 2006 THE BLUEJACKET 5



Be prepared

See related story on Page 2

Be prepared - Tennessee is taking the nation's first step in preparing for a possible outbreak of Avian Flu. **Members of the Tennessee** State Guard (TNSG) recently teamed up with Summit Medical Center and the American Red Cross in an exercise based on "what if" area hospitals were overwhelmed with patients suffering from the Bird Flu. TNSG officials say this is the first such drill to be conducted in the United States. (Photo courtesy of **Ist Regiment, TNSG)**

Wills and Powers of Attorneys

By Lt. J.G. Holly Higgins JUDGE ADVOCATE GENERAL CORPS

For most people, thinking about drafting a will is a morbid thought, especially for young healthy service members who believe death is decades away. However, service members must contemplate the future for their family's sake and their own peace of mind. Navy Legal provides free legal assistance to eligible personnel for drafting wills. A will is a legal document allowing you to establish how and to whom your property and assets should pass upon your death. Any competent person 18 years or older can make a will.

There are several things to consider when you draft

your will. You need to appoint a personal representative charged with carrying out your wishes. If you have children, you will want to designate a guardian (the person who will look after your children if both parents die). Having a valid will will shorten the time and reduce the fees required to settle the estate. Avoid the do-it-yourself wills found on the Internet. At best, these should serve only as a guide, as most states do not honor these wills.

Another service that Navy Legal provides is drafting powers of attorney (POAs). A power of attorney is a written, notarized document executed by one person, called the principal, who designates another individual, the agent, with authority to perform specified acts on the principal's behalf. The document serves as evidence to third parties that the agent has the authority to act for the principal.

There are two types of POAs, general and special. General POAs are broad in scope and give vast authority to the agent; therefore, the potential for misuse is high. A general power of attorney can be a dangerous instrument in the hands of someone in whom the grantor does not have the utmost trust and confidence.

To reduce the risks, persons can opt for a special power of attorney, which is more narrowly drawn, limiting the agent to specific acts. Some examples of special powers of attorney are: in loco parentis (to provide care and supervision of one's children); automobile registration, use and sale of property; and even household goods moves and real estate transactions.

Typically, a power of attorney expires one year from the date of notarization, but this varies from client to client based on need. In the absence of a revocation or other statutory provision, the POA will continue.

Please call the NLSO at 874-7379 for more information or a command briefing on wills/POAs. You will need to pick up a will worksheet and fill it out BEFORE your appointment. Powers of attorney are done on a walk-in basis Monday through Friday from 8 a.m. to 4 p.m.

By David Britton Peel Attorney at Law www.coleandpeel.com



RISK OF DEATH?

I have heard many people campaigning for a safer world. Sometimes, they say something like, "If we can save just one life, it will all be worth it."

While I admire the initiative to help save lives, I wonder what the world would be like if we had laws that tried to protect us from accidental risks that actually kill people. Life would certainly change.

Here is a partial list of accidental deaths in 2002 that you may find interesting. Deaths Due to Unintentional (Accidental) Injuries:

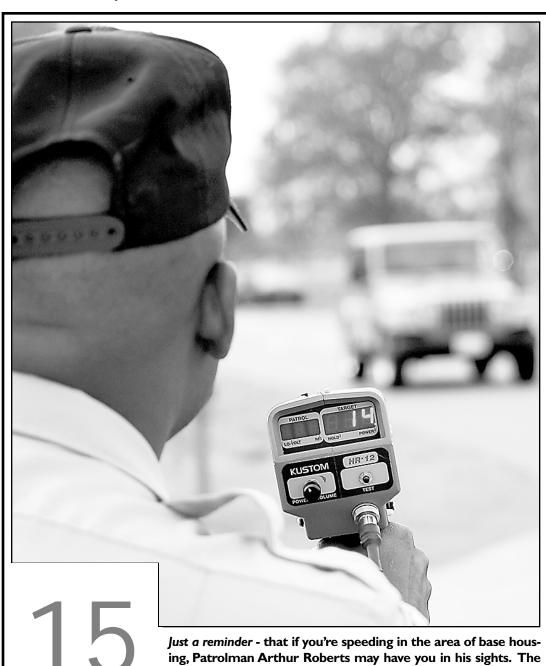
Transport Accidents (cars,	
motorcycles, pedestrians, ATV's),	48,366
Accidental firearms discharge,	762
Fireworks discharge,	5
Bitten or struck by dog,	18
Drowning and submersion while	
in or falling into bath-tub,	352
Drowning and submersion while	
in or falling into swimming-pool,	636
Contact with venomous snakes and lizards,	3
Contact with venomous spiders,	10
Contact with hornets, wasps and bees,	54
Exposure to excessive natural cold,	646
Struck by lightning.	66

Based only on this list and others like it, the county might be more concerned about policing baths tubs than fireworks. Swimming pools are almost as fatal as guns. And, 10 times more people die from exposure to cold than from lightning.

Indeed, even though transportation kills more than any other accidental category, we do not wear helmets in our

The point is, that cost and convenience come into play as much as any other thing in saving lives. It is good to keep that in mind when someone says: "there ought to be a law!" Or, as the late great Dr. Adrian Rogers used to say, "it's a mighty thin pancake that doesn't have two sides."

— David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at dpeel@bigriver.net. Mr. Peel is also available to speak to your church or club.



WORD SEARCH

speed limit in housing is 15 mph. (Photo by Art Frith)

I K F R P K N A S C L Y P N G **BASKET** DISLENNPASSIONF **BUNNY** V U P P B S E C C U O I I Q N **CANDY** ZXDTMJUGIOTRYLU MQERYEWRGAPLCVX CHURCH XGPJFYEQRSEUYNT **CROSS** UCTILVDBVEKZRFS **EGGS** ABQIOSEHSQCGKPE **FAMILY** S A M S W L G Q R Z C T C F B **FLOWERS** B A S K E T G Z A G Y A I O U **FOOD** FAHCRUHCNWULNON LIFE P N M C S X F S R S I Y N D N **PASSION** N V T M A O G I V I M G M O Y **PASSOVER** UMGYQFUPHQKDJLF KZLUCSJZTIEDDCF

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4772 Navy Road • MILLINGTON • 873-4501

EMPLOYMENT OPPORTUNITY

Director, NMCRS Millington

The Navy-Marine Corps Relief Society needs an experienced manager (part-time, 20hrs/wk) to direct operations at our Naval Air Station Mid-South Millington office. Prior association with NMCRS, as an employee or a volunteer, will be a significant factor in evaluating a candidate's qualification for this position.

Required Qualifications

(1) AA/AS degree (or 1-2 years related experience) (2) Experience in recruiting and retaining volunteers in an organization similar to NMCRS, proven ability to motivate and coordinate the efforts of others to achieve organizational goals; (3) Two years supervisory experience with demonstrated superior leadership, interpersonal and communication skills; (4) Experience in public speaking or as a training facilitator.

Ideal Qualifications

BS/BA; Experience providing personal financial management counseling to others; Knowledge of military pay & allowance systems, military command structures, and military service life as a service member or dependent family member; Familiarity with Microsoft Office.

All candidates must submit a completed and signed employment application to be considered for an interview. You may obtain an application from our Millington office at Naval Station Mid-South, Building S-456, 5722 Integrity Dr., Millington, TN 38054-5045 (Phone: (901) 874-7350, Fax: (901) 874-7360; or from the Society's HR Office in Arlington, VA. Mail or fax application to: NMCRS Headquarters, Attn: Human Resource Division, 875 N. Randolph Street, Suite 225, Arlington, VA 22203. Fax: (703) 696-0144, no later than COB, Friday, April 14, 2006. Starting Salary \$14/hr. Although we will acknowledge receipt of all applications, only those selected for interview will receive additional notification. E.O.E.

Morale, Welfare and Recreation

ITT vacation and ticket offers



For more information or tickets stop by Information, Tickets and Travel Office, in the Helmsman Complex Bldg. S-760 Navy Mid-South or call (901) 874-5652/5455, 1-800-779-4252.

Kirkwood Golf Course Outing May 2

Warm, sunny days are just around the corner -- Join ITT on a golf outing to Kirkwood National Golf Course Tuesday, May 2. "Kirkwood National offers golfers of every level of playing ability a challenging experience." Since opening in 1195, the championship par 72 course has consistently received high rankings from Golf Digest. "Dramatic elevation changes, wood valleys, creeks and lakes add challenge to your round." Depart Glen Eagle Golf Course 7:30 a.m. Arrive at Kirkwood approximately 9 a.m. First tee time 9:15 a.m. Length of play - 4 1/2 hours. Depart Kirkwood around 2:30 p.m. Return to Glen Eagle around 4 p.m. Cost includes transportation on ITT's comfortable, restroom equipped coach bus, soda/water and plus golf fees and cart. Visit ITT to register by Monday, 24 April. Space is limited. Cost \$43 per person.

NASCAR Season tickets

Stop by ITT to order your season ticket and receive a free T-shirt or cap along with your welcome package. NASCAR Passes include "Best Seat," "Premium parking" (\$20 value,) "NASCAR Practice tickets" (Truck Series practice-\$15 value and Busch Series practice (\$15 value,) "Fan Fest," "Fan Walk," (infield access to both races \$30 value) and "Merchandise discount card," Craftman Truck Series July, 15 (\$45 value.) NASCAR Busch Series Oct. 29 (\$55 value) Tickets will be mailed 6 weeks before race day. Discount season tickets \$99.50 at ITT.



Special Disney Cruise rates for Active Duty Military (Offer for March and April 2006)

7-Night Cruise! From...\$999.00 per adult (Standard inside Stateroom) **3-Night Cruise!** From...\$549.00 per adult, \$399 per child (3-12) (Deluxe Outside Stateroom)



Cardinals vs Dodgers at New Busch Stadium! ITT Overnight trip scheduled July 14-15

Single \$245 • Double \$340 • Triple \$435 • Quad \$530

Cost includes tickets to the game; deluxe hotel accommodations at the Sheraton Hotel St. Louis; round trip transportation onboard MWR Coach Bus; sodas/water and movies en route; and Anheuser Busch Brewery Tour admission. Deadline:Deadline to sign up June 14, 2006

Home of the Liberty program for Single Sailors and Geo Bachelors



Ellison Recreation Center Bldg S-499 Open 7 days a week! Monday- Friday, 9 a.m.-10 p.m., Saturday 12-10 p.m. Sunday and holidays 2 p.m.-10 p.m. (901) 874-5650

Note youth are welcome when accompanied by an adult 9 a.m.-4 p.m. Patrons must be 18 and older to use this facility after 4 p.m.

The staff at the Ellison is doing a terrific job of creating a relaxing and inviting atmosphere for you to enjoy. This center offers a thirty-six seat theater. TV lounge, billiards, ping pong tables, darts, PS2 and XBOX game

systems and various board games. Also featured is a six-station computer center with Internet access. Special activities and events conducted throughout the year include tournaments, Navy Motion Picture Program, MOSA Single Sailor Dinners, Shuttle trips to local Memphis entertainment and shopping centers, day trips and ticket give-a-ways. Stop by to see what's the next big event going on. Ellison Recreation Center is open to all MWR authorized patrons. However this center is the home of the "Liberty Program" ("Single Sailor Program") and you must be 18 or older to participate in activities unless

otherwise stated. Movie Theater: Enjoy a free picture show in our 36-seat movie theater. Take your choice from our list of over 300 movies. Check out "Coming Attractions" display at the center for schedule. Schedule posted

in the Bluejacket. See calendar below. **Computers and Internet Access:** Our computer room features six (6) user friendly PC stations with Windows operating systems and Microsoft Office software. Access your existing email accounts with internet mail service.

Wireless internet connection available. Gameroom: Challenge a friend to a game of pool, ping pong, fooseball or

one of many board games available. Arcade: A variety of amusement machines are available. Enjoy the PS2 and X-Box game systems. We offer Xbox live & PS on line for added excitement. We have the latest games including Madden 2005, NBA 2005, Def Jam Fight for NY, NCAA 2005, WWE Smack Down vs Raw, and NASCAR 2005 just to name a few.

Library: Enjoy a current issue of a magazine or a local paper or check out the USA Today, or Washington Post. We also have a paperback book exchange.

Snack bar: Let your taste buds go wild with a variety of snack foods and beverages all at a low cost. Additional beverages available for those 21 and

Trips and Events: Ellison schedules trips and events throughout the year. Stop by to see what's the next big event going on.

MOSA Single Sailor Suppers: Every third Tuesday of the month at the Ellison. The meal is served 6 p.m. until the food runs out.

WEDNESDAY

... Dining...



Join us for lunch and more! Lunch served 10:30 a.m.-1 p.m. Monday - Friday

(See calendar below for daily buffet entree menu.)

\$525 Value Spotlight

Daily Plate Lunch special 🤌

Your choice of one of the entree items from the buffet, one starch, one vegetable and a side salad or cup of soup with rolls plated from the buffet selections by your server.



Sunday, April 16

11 a.m. - 2 p.m. in the Helmsman Complex Ballroom Tennessee sugar cured ham,

roast tom turkey with giblet gravy, top round of beef au jus, southern style cornbread dressing, candied yams, mashed potatoes with gravy,

whole kernel corn, Italian green beans, crisp fried okra, bacon, sausage links, scrambled eggs,

French toast, rolls biscuits, Caesar salad, mushroom salad,

pasta salad, fruit salad, Cookies-N-Cream pie, strawberry pie, key lime pie,

Chocolate Seduction cake.

Adults \$9 Children (age 5-10) \$5.25 Children 4 and younger eat free

Reservations recommended Please call 874-5442 Walk-ins seated as tables become available.





IN THE COMING WEEK!

APRIL 13-22, 2006

SATURDAY

Tap Class
every Sat. 8 a.m.-12 p.m.
at the Conference Center

FAMILY MOVIE DAY!

Ellison Rec. Center

Hoodwinked (PG)

Family Skate Night

7- 10 p.m. N-82 Gym For info call 874-5155

Ballet, Jazz and 15

MONDAY April is the Month of the Military Child

Month of the Military Child Meal Specials

TUESDAY

Dinner Special Thursday, April 13, 5 - 8 p.m. Menu features "All-you-can-eat" spaghetti, pizza buffet with Italian green beans, garlic bread, soup and salad bar and soft drink. Dinner: adults \$5.50, children \$4.

Breakfast Special Saturday, April 22, 9 - 11 a.m. Menu features Scrambled eggs, sausage, bacon, fruit,

French toast, orange juice and milk. Breakfast: adults \$5.50, children \$3.50

Oven Roasted Pork Loin

Stuffed Bell Pepper

Free Movie 7 p.m. Underworld: Evolution (R)

THURSDAY

Roast Beef Pit Smoked Ham

Month of the

Military Child

Dinner Special 5-8 p.m. Helmsman

Helmsman Lunch Buffet 13

Helmsman Lunch Buffet $\it 20$ Roast Beef

Pit Smoked Ham

Fitness Center Ladies Night Out sign up today

Helmsman Lunch Buffet $\,21\,$ Fried Catfish Smoked Sausage

Free Movie 7 p.m.

The Last Holiday (PG 13)

FRIDAY

Fried Catfish

Smoked Sausage

Good Friday

Poor Man's Tax Party Ellison Recreation Center starts at 6 p.m.

Good Friday Play Day

Easter Bingo Special

4-10 p.m. Bingo Hall!

Helmsman Lunch Buffet ${\it 14}$



Kid's Night Out Youth Center Register today! 874-5155

N3) BINGO 4-10 p.m. Bingo Hall!

Free Movie 6 p.m. at the Ellison Rec. Center Mempirs of a Geisha (R) Earth Day *22*

Free Movie 7 p.m.

The Matador (R)

Month of the Military Child **Breakfast Special**

9-11 a.m. Helmsman

FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) King Kong (PG 13)

Free Movie 7 p.m. at the Ellison Rec. Center The Producers (PG 13)

Easter Sunday 16



Easter Brunch 11 a.m.-2 p.m. at the Helmsman Complex

Free Movie 6 p.m. King Kong (PG 13)

Helmsman Lunch Buffet 17 Baked Meatloaf Southern Fried Chicken

Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!

Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center Free Movie 7 p.m.

Free Movie 7 p.m. at the Ellison Rec. Center Casanova (PG 13) Hoodwinked (PG)

Helmsman Lunch Buffet 18 Helmsman Lunch Buffet 19 Southern Fried Chicken Beef Stroganoff

> **Family Recreation Night** 5:30-7 p.m. at Youth Center Call 874-5155 for details!

Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center BINGO

Free Movie 7 p.m. Syriana (R)

4-10 p.m. Bingo Hall!

Free Movie 7 p.m. Tristan and Isoide (PG 13)

Thursday, April 13, 2006 **6** The Bluejacket

Morale, Welfare and Recreation

Ladies are you interested in working out but don't know how to get started?

Ladies Night Out
Thursday, April 20

6:30-8:30 p.m.



- * mini fitness classes offered by our certified group
- fitness leaders. Including mini cycle class (set upcool down), mini step class, cardio machine set and more. information on nutrition and healthy
- lifestyle changes. * demonstration on proper weight
- lifting techniques.
- Staff members on hand to assist in use of all cardio equipment and weight training machines.

Sign up today!

Stop by the Joe Dugger Fitness and Wellness Center or call 874-5497 for more information.



The journey to fit and fabulous starts here!

From the Intramural **Sports Coordinator:**



Intramural Softball

The Athletic Office is now accepting rosters for the Intramural Softball League. This is an Intramural Sport that generates Captain's Trophy Participation Points; therefore teams must be formed from members of individual Commands, units or competitive codes. So get your squads identified to represent your command, unit or code and turn in your roster or rosters no later than Thursday, April 20. You can bring your team roster to the Athletic Office at the N-82 Gym, Fax to 874-5409 or e-mail to Apruitt@nsams.navy.mil. There will be coaches meeting on Friday, April 21 at 11 a.m. at the N-82 Gym with games beginning on Tuesday, April 25 at 6 p.m. If you have any questions or need further information please contact Amy at 874-5383. Dependent upon the number of team entries. game schedules may be on Mondays and Wednesdays or Tuesdays and Thursdays, so please identify your dates of preference on your team

Intramural Golf

Dust off your clubs and get your team registered at the N-82 Gym Athletic Office no later than Tuesday, April 25. A team representative meeting and game schedule distribution will be April 26 at 11a.m at the N-82 Gym. Method of play is a three- man scramble. Schedule match time will be in the afternoon beginning at 4 p.m. This program will generate Captain's Trophy Points so teams must be formed from a Command, Pers Code, Department or Competitive unit. To quickly enter your team, Fax at 874-5409, e-mail at apruitt@nsams.navy.mil or drop off a hard copy to the N-82 gym. It is time to play, sign up today. Eligible participants include Active Duty, Reservist, and civilian employees assigned to the competitive units.

Intramural Bowling League (coed)

It is time again to get the men and women of your command, unit or competitive code for the intramural bowling league. So get your bowling gear together and join us on Friday nights at the Bartlett Bowling Lanes located at 6276 Stage Rd. Teams will consist of 4 members of your competitive unit, command or code and team entries must conform to the Intramural sports structure and have a minimum of 1 person of the opposite sex on the team. Active duty, retirees, reserves, DoD civilians and their dependents age 17 or older are eligible to participate. All players will be required to be sanctioned and the bowling fees are \$10 per person per week. The roster deadline is Friday, May 5. A coaches meeting will be held at 5 p.m. on Friday, May 19. Games will start at 5 p.m. on Friday 19 May. The league will run for 10 weeks (ending on 28 July.) This Intramural Program generates points for Captain's Trophy. To register your team or obtain additional information contact Michael Ballard at 874-4904, michael.l.ballard@navy.mil or Amy at 874-5383, apruitt@nasms.navy.mil.

Concerts Series returning to Navy Mid-South Glen Eagle

This is the 4th Annual Concerts by the Green! MWR is presenting a series of free concert events every Friday in May 6:30 to 8:30 p.m. at Naval Support Activity Mid-South Glen Eagle Golf Course (next to the driving range.) Each year the musical performances in this concert series are better that the last. As they have in the past the Mid-South Navy Band "Freedom" will kick off the series May 5 with popular top 40 music. May 12 the "Memphis Heartbeats" whom will be joining the series for the first time will perform a selection of generational pop music. May 19 the local favorite and very popular "Andy Childs" will make his 4th appearance as part of the series performing a selection his original recordings and other memphis music. May 26 "The Distraxshuns" will round out the series performing a selection of rockin' Memphis soul! This concert event series popularity continues to grow each year and attendance is expected to exceed that of last year.

Concerts by the Green **Every Friday in May**

6:30 p.m to 8:30 p.m. Special door prize each week! Free entry! Must be present to win!



🎝 Local favorite, Andy Childs 🎝 makes his 4th appearance as part of Navy Mid-Sout MWR Concert series May 19.

Repeat patrons say they enjoy the social time but they come out for the great music.! They're also looking forward to entering the free drawing for a special door prize each week.... \$200 gift certificate. Door prize drawing entry is free! However you must be present to win!

Concerts by the Green admission is free and this event is open to public. Bring blankets, lawn chairs. No coolers or pets. Hamburgers, hotdogs and other food and beverage specials available for purchase. You can check the Concerts by the Green band online at the following websites: www.heartbeatproductions.com/pa ges/memhb-songlist.html. www.andychilds.com/Biography.ht m and www.distraxshuns.com/main. For more information call 874-5168.

Event sponsored by: Price Ford, Home Depot Supply, Millington Star, Covington Leader, Tommy and Ginger Whitlock Remax, Admiralty Inns, Glen Eagle Social Club, John Petty's Millington Floor Covering, Roland's Tire and Automotive, Budweiser. Disclamer: While the Department of Defense and the Department of the Navy cannot officially endorse any commercial product or service, the support given by the sponsors is appreciated.

Month of the Military Child Specials Courtesy of MWR!

Restaurant **Services**

Navy Mid-South families are invited to celebrate "Month of the Military Child" together at two special family friendly meal services at the Helmsman Restaurants.

#1 Thursday, April 13, 5 -8 p.m." Month of the Military Child." Dinner Special. Menu features "All-you-can-eat" spaghetti, pizza buffet with Italian green beans, garlic bread, soup and salad bar and soft drink. Dinner: adults \$5.50. children \$4.

#2 Saturday, April 22, 9 -11 a.m. "Month of the Military Child." Breakfast Special. Menu features Scrambled eggs, sausage, bacon, fruit, French toast, orange juice and milk. Call (901) 874-5132 for more information. Breakfast: adults \$5.50, children

Golf Course and Eagles Peak Grille is offering

children of Military families age 12 and under a free lunch every Sunday in April! (Children must be accompanied by a sponsor.) Sunday lunch 11 a.m - 1 p.m. Children's meal includes chicken fingers or hotdog, fries and a drink. After eating lunch children can also enjoy a free bucket of range balls. (Children must be accompanied by a sponsor.) Check into the Pro-shop for golf balls. Call (901) 874-5168 for more information.

Leisure Services

During "Month of the Military Child" the MWR Screen-print shop is offering a "Spring Printing Special" to help everyone get a jump on



invite preschool families to join them at the Youth Center for a drive-in good time! "Child Abuse Prevention" April 21 begins at 10 a.m.,

representative from Fleet and Family Services will be at the CDC to share information and materials.

"International Dinner" April 21 starts at 11 a.m. at the CDC with your favorite dishes at our worldclass potluck! Check with your room parent or caregiver for more

Youth/Teen Center

Saturday Play. The fun doesn't end on Friday! Saturday Play is held each Saturday this month from 1-5 p.m. for kindergarten-5th graders. Registration in the Before and After school program IS NOT required! Drop the kids in while you go catch some zzz's or clean house or go shopping. For more information call (901) 874-5155. Month of the Military Child Play Day Special. Active Duty military and retired military kids can join us for \$1, all other eligible kids pay the regular fee (\$3 per child.)

Family Recreation Night is held each Monday at the Youth Center from 5:30-7:30 p.m. Challenge the kids a game of Foosball or enjoy a movie. Free popcorn for Military families!

Friday, April 21 youth in kindergarten-5th grade are invited to join us for Special Kid's Night Out. Fee covers supervision, pizza, lemonade and all the fun activities and games here at the Youth Program Center. Space is limited so drop by and register today. Deadline to register April 10. For more information call (901) 874-5155. Active Duty military kids can join us for \$5. Fee for all other eligible patrons \$10.Call 901) 874-5155 for more information regarding Youth program activities.

Family Skate Night is offered at the N-82 Gym each Saturday from 7-10pm. Parents skate for FREE! Admission of \$3 includes skates. Month of the Military Child Special: military and retired military kids get in for \$1.Be sure to have your ID!

Teen Center Monthly Membership for April is reduced to \$3 for military and retired military teens in grade 6 and up. Bring your ID or pay the regular fee of \$5! Haven't been to S-770 yet? Your first two visits are FREE! Drop by to check out a list of their April activities.

CDC/CDH Program **Parent Opportunities:**

"Read to Me" April 11, 11 a.m.-12 p.m. and 6 -7 p.m. the CDC provided information to parents on how to help your child learn prereading skills

This year's theme is

"Catch the

Excitement!"

custom t-shirt orders for summer

family reunions. Patrons can order a

t-shirts with a custom designed 3

color print for only \$4.99 per shirt!

For details on this special stop by the

Screen Printing Shop located in

bldg. S-797 (Craftech) or call (901)

ITT. Including discount tickets to the

Children's Museum, the Memphis

Zoo and Malco theaters. For more

information stop by the ITT Office

(bldg. S-760) or call (901) 874-5652.

Family fun offers are available at

874-5303.

"Sign to Me" April 18, 11 a.m.-12 p.m. and 6 -7 p.m. there will be information available on how to incorporate sign language in the life of your child

"Guiding Young Children to Make Appropriate Choices" April 25, 11 a.m.-12 p.m. and 6-7 p.m. there will be information available on ways to help your child respond to positive guidance

Wacky Wednesdays:

"Hat Day" April 5 caregivers and children wore the hats of their favorite team. They had the option of choosing any college, professional or sport team.

"Pajama Day" April 12 children showed us the excitement of nighttime and wore their pajamas all day!

"Denim Day" April 19 Children will wear denim all the fun and excitement that goes with it.

"T-Shirt Day" April 26 each class will wear a special color just for them that will be imprinted with the month's theme at the MWR Screen

Navy Mid-South Youth Center School-Age Care (SAC) priority placement registration Summer Day Camp '06.



Who's watching us during summer break?

Sponsors may register on or after the date listed for their category. A Waiting List (CEWL) will be established for any SAC program that exceeds the registration limit. Registration is held Tuesday, Wednesday and Thursday from 8:30 a.m.-2:30 p.m. Alternate registration days and times are available through appointment only. Enrollment Fee is nonrefundable and is applied to first weekly fee. Sponsors: a \$5 deposit will also be accepted for each specific week reserved in each camper's name. Deposits will later be applied towards weekly fee. For further information, call 874-5155.

Category--camp '06 reg.-- begins

1--Single Active Duty--4 April 2--Dual Active Duty--5 April

3--Active Duty w/working spouse--6 April

4--Active Duty w/student spouse--11 April 5--Single DoD--12 April

6--Dual DoD--13 April

7--DoD w/working spouse--18 April

8--DoD w/student spouse--19 April

9--Active Duty w/non-working spouse--20 April

10--DoD w/non-working spouse--25 April

11--DoD Contractors-- 26 April

12--Active Duty Coast Guard--27 April

* Youth Program Forms available at Youth Center (Bldg. 936) or by accessing the Youth Center's webpage at nsamidsouth.navy.mil. NOTE: in the event that two sponsors' priority is equal, date and order of enrollment will determine placement on list (active and/or waiting).

THE BLUEJACKET Thursday, April 13, 2006

Emergencies and evacuations

What you need to know now

BY JENNIFER HOCHLAN LIFELINES.NAVY.WIL

If you never go through a hurricane, earthquake, fire, or flood, yourself consider lucky. According to National Weather Service officials, "No matter where we live in the world, Mother Nature looms over us." In times of natural disaster, the last thing you want to be thinking about is what you should have done. If nothing else, your preparation will give you peace of mind, protect your family, and ensure their safety. There are a few questions you should ask:

* Can you survive for three days? The common rule of thumb is to prepare to rough it for three days (plan on a week if you can) following most disasters. Emergency personnel will be busy handling the crisis at hand. You must learn to be self-sufficient. Often, phone, gas or electric service is shut off or damaged during emergencies. For more specific information to your area, please contact your local fire department or the FEMA web site at http://www.fema.org/.

* Do you have enough food and water? Non-perishable items that you can consume without heat are best. Don't forget to pack a non-electrical can opener. Store enough water so that each person in your family has a gallon a day.

* How about a first-aid kit? Store a three- to five-day supply of any medications your family members may require. Note on your calendar to check them regularly for expiration. Use up those that are close to expiring and substitute newer ones.

* Is there a fire extinguisher available? This inexpensive tool can save your life. Make sure it can handle all types of fires and that each member of your family knows how to use it.

* Do you have flashlights and extra batteries? Keep one beside your bed, in each child's room, at least one in your emergency kit, and one in your car.

Address Apt. #

Exp. Date

FAX 872-2965

☐ 12 Months - \$22

Check Enclosed ___Amount

Please Mail, bring or fax this coupon to:

The Millington Star, 5107 Easley St., Millington, TN 38053

* Is there a portable radio handy? Because telephone service may be out, your radio may be the best source of information on what is going on in your area. Don't rely only on cell phones; sometimes service is interrupted during emergencies. Store a battery-operated, solar, or handcrank radio.

* Don't forget your pet. Make sure you have a few days' food supply for all pets and include bottled water for them, also. It's a good idea to have plastic bowls in your kit for ease in

* **Tools.** Have a portable tool kit handy for emergencies. Always have a wrench handy to turn off any potential gas leaks.

* Cash. Have enough money to get you through a few days of basic living. ATMs will not be working if the electricity is out. Don't rely on cash to buy things you should have in your kit because stores may not be open for a few days following an

* Remember your important papers. Not all disasters that strike affect a community at large. Sometimes the disaster happens only to your family, such as a house fire. Keep copies of important documents, or the originals if advised by the issuer, someplace other than your home · a safe deposit box or a relative's home, if in another community. Some items you should have in your document kit are:

o All insurance policies. Include copies of photos and/or videos of your valuables;

o Birth certificates for all family members;

o Passports;

o Medical records for all family members. Don't forget your

o A list of emergency phone numbers and persons to contact. It's not uncommon to forget your mom's name and phone number in emergency situations.

Certain emergencies and situations may lead to a community

work, and keep extra batteries on evacuation route and destination (if possible) in advance. Every military installation has a specific evacuation route for all areas on base. Contact base security for details about the situation at your base. Most communities have designated evacuation routes, so learn these routes also, whether you live on base or not.

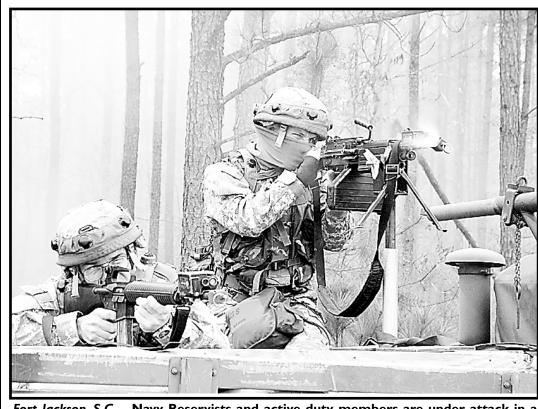
> Visit the public safety on your base for emergency and evacuation guidelines, and the public affairs office for suggestions for handling questions from the news media in case they approach you. Military installations are not evacuated often, but during periods of uncertainty, the chance becomes greater. Know what to do and say before it happens.

Make sure all members of your family know the following: Where to reunite if separated during an emergency; Whom to call (outside of the area) to check in when phone service becomes available: Your home evacuation route and where to meet outside; Their personal information. Make ID cards for children that have their name, address, medications, and any allergies. It's also a good idea to include the emergency contact persons on the card. Caution children not to show their ID to anyone except in case of emergency; Who will be able to pick up children at school or daycare and take them to the pre-assigned reunion site.

In all situations, make sure your immediate family knows how check on you. The American Red Cross has a program called Armed Forces Emergency Services that helps active-duty service members and families get information during emergencies. Contact your base or local Red Cross office for a phone number to provide your family members. This number can also be used to get important information to you if an emergency arises on your family's end.

Many bases offer emergency preparedness classes that discuss all of the preceding topics and more. If you're stationed overseas, LIFELines has important

EYE ON THE FLEET



Fort Jackson, S.C. - Navy Reservists and active duty members are under attack in a convoy scenario during an Individual Augmentee Training Course at the McCrady Training Center. The Sailors are conducting training prior to deploying in support of the global war on terrorism. (Photo by PHI Timm Duckworth)

How to be an *active veteran* in your community

BY TAYA L. CLINE LIFELINES STAFF REPORTER

Now that you have put in your time, served your country, and retired as a proud service member, you have some free time on your hands. One of the most rewarding things you can do is become involved with your community while still maintaining a few ties to your military roots.

Veterans organizations range broadly according to your background and interests. There's the Veterans of Foreign Wars, which meets monthly and is oriented toward community service. Some groups are made up of service members that spent time in specific locations or during specific wars and campaigns, including the American Gulf War Veterans Association and Vietnam Veterans of America. There are groups whose members have earned specific medals and awards, such as the Military Order of the Purple Heart. There are groups for service members who are disabled, such as the Blinded Veterans Association and the Disabled Veterans Association. There's the Retired Enlisted Association and the Reserve Officers Association. Whatever your service

history or your current interests, you're bound to find some like-minded people.

Check your phone book for organizations in your area, or pay a visit to your local chamber of commerce. The Internet is a great way to look up the organizations and check out their web sites, which give you valuable histories of the groups, as well as an idea of their activities.

If you are a retired sailor, check out Shift Colors for a great newsletter. If you are a retired Marine, check out the Marine Corps League National Headquarters homepage. These sites will help you stay abreast of what's happening in the service.

After you have done your research about the various types of veterans groups in your area, pay a visit to them before signing up. Ask a few of your buddies if they belong to any organizations or if they recommend a specific one. Call each organization and ask about their meeting dates and times. Ask if you can attend a meeting as a prospective member. Many groups meet over a meal at a local restaurant.

The biggest step in getting involved is making that initial phone call. Once you have made a few contacts, invitations and event dates will start to fill your social calendar.



__ Master Card

Signature



Call 872-4814 for your appointment today!

872-4814